

Grandparents

“Nanna, Nanna,” little Tyson calls out loudly as he comes running up to greet his Nanna.

It is part of our culture for our kids to spend time with their relatives. It gives them the opportunity to get to know them and to learn about and understand their family, culture and identity.

Grandparents are very important people in our lives. They are our teachers. They give us love, support and security when we need it.

Grandparents have a lot of experience and are very wise. Their opinions and advice can be useful. Grandparents often are able to do for their grandkids what they may not have been able to do for their own kids. Today there are more opportunities around for grandparents to offer to their grandkids.

Grandparenting is a very special relationship for all of us. In some cases grandparents end up being

the ‘parents’. This can be tiring and grandparents should say when they feel it’s getting too hard or they need a break.

What grandparents can do

It is normal for grandparents to want the best for their kids and grandkids.

You might not agree with the way your adult children are raising their kids. Have a yarn with them about it and share your experiences and ideas with them. Listen to their point of view and try not to judge them—remember how hard it can be sometimes. You may have to watch them make mistakes. Remember we all learn from our experiences ... and that’s okay as long as you know your grandkids are safe.

You could

- Make time to talk and listen to each other.
- Ask your adult kids what kind of help you can give them.
- Be there to support them when they need you.
- Tell the stories of long time ago, that tell us where we come from.
- Give encouragement when you know they are doing a good job.
- Keep regular contact with your grandkids.
- Praise your grandkids and tell them you love them for who they are.
- Share your ideas and listen to theirs.

Grandparents are important for kids, and build a bond of love and understanding between the generations.

This tip sheet, along with the full set of Parenting WA guides, is available in electronic format at www.communities.wa.gov.au



Contacts

Parenting WA Line

A free 24/7 telephone information and support service for parents and children pre-birth up to 18 years.

t: 1800 654 432 (free call)

w: www.communities.wa.gov.au

Department for Communities

Aboriginal Early Years – Best Start Program

Best Start is a state-wide program for Aboriginal parents and carers with young children from babies to five years old. Best Start Services are located in the following areas:

- Armadale t: 08 9399 6489
- Carnarvon t: 08 9941 2105
- Goldfields t: 08 9093 3795
- Hedland t: 08 9172 3599
- Mandurah t: 08 9583 9802
- Marble Bar t: 0427 013 144
- Midland t: 08 9274 9411
- Moora t: 08 9651 1294
- Mullewa t: 0408 844 196
- Narrogin t: 08 9881 6693
- Roebourne t: 0438 926 558
- South Lake t: 0427 013 141

w: www.communities.wa.gov.au

Aboriginal Grandparents and Family Support Program

The Aboriginal Grandparents and Family Support Program is offered through the Women's Health and Family Services. The program aims to support and strengthen Aboriginal grandparents and their families through the generations. The program also offers support programs, play groups, physical activity events, counselling, advocacy and referral services designed to support Aboriginal women, their families and their communities.

t: 08 6330 5400

w: www.whfs.org.au

Playgroup WA

To find your nearest playgroup

t: 1800 171 882

w: www.playgroupwa.com.au

This Guide uses 'he' and 'she' in turn. Change to suit your child's sex.

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